

70. *Wrap (chicken, mozzarella, veggies, light dressing)*
71. *Pumpkin seeds*
72. *Naked juice*
73. *Broccoli florets*
74. *1 teaspoon of semi-sweet chocolate chips*
75. *Chopped red peppers*
76. *V8 Vegetable juice (low sodium)*
77. *Tuna with Triscuit crackers*
78. *Cooked and cubed chicken breast*
79. *Homemade popsicles (puree watermelon, strawberries, etc. and freeze in popsicle molds)*
80. *Dried Mangos*
81. *Quesadilla with low-fat cheese and veggies*
82. *Watermelon*
83. *Cubed apples and cubed cheese*
84. *Kale salad with lemon juice, olive oil, and parmesan cheese*
85. *Whole grain bread with almond butter and peaches*
86. *Zucchini Chips*
87. *Two egg whites with whole wheat toast*



88. *Fruit leather*
89. *Apple Chips*
90. *Orange juice*
91. *Lettuce Wrap*
92. *Walnuts*
93. *Chocolate covered Strawberries*
94. *Honeyed yogurt*
95. *Blackberries*
96. *Frozen mangos*
97. *Tropical Smoothie (1/4 cup pineapple juice, orange juice, and apple juice, blended ice)*
98. *Soy beans with a dash of salt*
99. *Peanut butter yogurt dip with fresh fruit*
100. *Tomato, fresh mozzarella, and basil with balsamic vinegar*



University of Dayton Dining Services

Prepared By: Amy Bassi 03/2012
Updated by Emily Gerlach: 2014

Email Questions to:
Joan Bauman MS, RD, LD
jbauman1@udayton.edu



100 Healthy Snack Ideas





1. *Frozen grapes*
2. *String cheese*
3. *Banana with almonds*
4. *Frozen banana*
5. *Plain Greek yogurt on a baked potato*
6. *Sugar-free or fat-free pudding*
7. *Apple dipped in almond butter*
8. *Kashi granola bar*
9. *Applesauce*
10. *Raw veggies with hummus*
11. *Almonds*
12. *Smoothie with plain yogurt, fat free milk, and frozen berries*
13. *Chocolate milk*
14. *Hard boiled egg*
15. *Sunflower seeds*
16. *Fat-free cottage cheese*
17. *Sliced cantaloupe*
18. *Raisins*
19. *Dried apricots*
20. *Dried Cranberries*
21. *Whole wheat pita bread and hummus*
22. *Rice cakes with peanut butter*

23. *Soy chips*
24. *Sugar-free Jello*
25. *Frozen Yoplait Whips yogurt*
26. *Air-popped popcorn (get a brown paper bag, add plain seeds and pop!)*
27. *Pistachios*
28. *Clementines*
29. *Dark chocolate*
30. *Frozen blueberries*
31. *Pita chips and hummus*
32. *Glass of Milk*
33. *Ants on a log (celery with peanut butter and raisins)*
34. *1 cup mixed berry salad tossed with one tablespoon fresh squeezed orange juice*
35. *Peanut butter and banana on toast*
36. *Trail mix*
37. *Greek yogurt veggie dip*
38. *Apple with peanut butter*
39. *Graham crackers*
40. *Avocado with splash of lime juice served on pita chips*
41. *Small green salad with light dressing*
42. *Kabobs (thread low-fat meat, low-fat cheese, pineapple, and cherry tomatoes onto a stick)*
43. *Sliced tomato with sprinkle of feta and olive oil*
44. *Oatmeal with berries*



45. *Healthy banana bread (swap the butter for oil and swap one egg for ground flax seed and use whole-grain flour)*
46. *Grilled pineapple*
47. *Baked apples*
48. *Baked banana (Split banana, add honey and cinnamon and broil)*
49. *Strawberries dipped in yogurt*
50. *Make egg salad with 4:1 ratio of egg white to yolk and add hummus instead of mayo*
51. *Parfait (build your own with Greek yogurt and granola)*
52. *Bowl of bran flakes with 1/2 cup skim milk and berries or banana*
53. *Triscuits Thin Crisps*
54. *Cashews*
55. *Pretzels*
56. *Baked tortilla chips with salsa*
57. *Meat and cheese rolls ups*
58. *Fat-free frozen yogurt with fruit*
59. *Sugar snap peas*
60. *Steamed veggies*
61. *Apricots with cottage cheese*
62. *Laughing Cow light cheese wedges*
63. *Any 100 calorie pack*
64. *Fiber One bar*
65. *Protein bar (10g protein, less than 10g sugar)*
66. *Fruit bar*
67. *Fruit popsicle (sugar-free)*
68. *Sweet potato fries*
69. *Shrimp and cocktail sauce*